

£2.20

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**DAILY FOR ALL.....**

- ◆ Fresh bread basket
- ◆ Organic milk
- ◆ Fresh fruit
- ◆ Salad bar
- ◆ yoghurt

Wk beginning: 2.1.18 22.1.18

Home-made chicken & sweetcorn pizza  
 V- Cherry Tomato pizza  
 Herby diced potatoes  
 Peas & sweetcorn

Chocolate & orange Cake

Home-made chicken pie  
 V-Cheese and bean lattice  
 New potatoes  
 Green beans & carrots

Salted caramel oaty apple crumble

Quality butcher sausage in a Hand-made bun  
 V- Quorn sausage in a bun  
 Savory rice  
 Sweet corn and broccoli

Fruit Flapjack

Roast gammon & peach salsa  
 V- Cheese and potato pie  
 Parsnips  
 Spring cabbage  
 Roast potatoes

Sprinkle cake & Custard

MSC fish fingers  
 V- Butternut vegetable & Mascarpone crumble  
 Chips  
 Beans & peas

Ice cream roll and fruity sauce

**AVAILABLE DAILY**

Hot jacket potato or roll option with a CHOICE of fillings plus.....

- ◆ Munch on crunchy salad
- ◆ Or add hot vegetables
- ◆ Choose the dessert of the day
- ◆ Top up on fresh fruit
- ◆ Enjoy a tasty yoghurt

Wk beginning: 8.1.18 29.1.18

Creamy mild Chicken curry  
 V- falafel  
 Rice

Cauliflower & carrots

Treacle and ginger steamed sponge and custard

Sausage roll

V- Quorn Sausage roll  
 Potato wedges

Beans & sweetcorn

Chocolate cracknel

Spaghetti bolognaise  
 V- Quorn & roast veg Bolognaise

Garlic bread Broccoli & carrots

Jelly & ice cream

Free Range roast chicken  
 V- Quorn toad in the hole

Roast potatoes Cauliflower & Sweetcorn

Apple pie & custard

Battered Local fillet of fish

V- Bean burgers

Chips Peas & carrots

Fruit muffin

**AVAILABLE DAILY**

Packed lunch option with a CHOICE of fillings plus.....

- ◆ Munch on crunchy salad
- ◆ Top up on fresh fruit
- ◆ Grab some raisins
- ◆ Add a healthy treat
- ◆ Enjoy a tasty yoghurt

Wk beginning: 15.1.18 5.2.18

Macaroni Cheese  
 V- Quorn plum stir-fry

Garlic bread Sweetcorn & carrots

Banana toffee sponge

Sausage toad in the hole  
 V- Bean burritos

Mash potatoes Peas & cauliflower

Lemon drizzled cake

Hand-made chicken burgers in a bun  
 V- Gnocchi & tomato bake

Herby dice Sweetcorn & cabbage

Chocolate cake & Coco custard

Devonshire roast beef with gravy  
 V- Quorn sausage

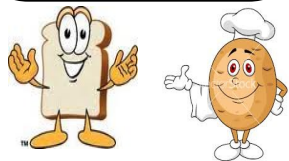
Oven roast potatoes Broccoli & carrots

Cherry pie & ice cream

MSC Cod chunks in batter  
 V- Seasonal vegetable cobbler

Chips Peas & beans

Carrot cake



### LOCAL

We use as much local and school garden produce as we possibly can !!

### SEASONAL

WE use seasonal fruit and vegetables

### HEALTHY DRINKS

water, organic milk,  
seasonal smoothies,



### **FOOD ALLERGIES And INTOLERANCES**

**If you have a food allergy or intolerance**

**Please speak to our staff  
about the ingredients in your meal,  
when making your order.  
Thank you**

### CHOICE

There is always plenty to choose from

### FRESH & TASTY cooked with care

**NO** nasty additives, preservatives  
or colourings.

**NO** GM products

**NO** mechanically reclaimed meats

### QUALITY

We use higher welfare BRITISH meat,  
local beef, local free range pork,  
high meat percentage burgers and  
sausages. Local free range eggs,  
Marine Sustainable Certified fish.  
fairtrade bananas, organic milk,  
yoghurt, pasta, rice, flour, sugar,  
vegetables & other ingredients  
where possible. Whole wheat too!!



### VARIETY

We have fresh fruit available  
**DAILY** served in various ways to  
make it fun!...  
whole fruit, fruit pots, platter,  
melon boats and fruit kebabs!!!